

Plan First

Plan First is a Medicaid program that pays for family planning services for eligible men and women. Men and women of any age may be eligible for Plan First if they:

- are not eligible for full Medicaid or FAMIS MOMS coverage,
- have no health insurance, and
- have income of no more than 200% of the Federal Poverty Level (FPL).

A person's marital status is not considered. A person does not have to be a parent to be enrolled in Plan First.

To be eligible for Plan First, a person must have countable income that is no more than 200% of the FPL for the family size. The income limits are listed below.

Plan First Income Limits (200% of the FPL) Effective January 26, 2012

Family Unit Size	Annual	Monthly
1	\$22,340	\$1,862
2	30,260	2,522
3	38,180	3,182
4	46,100	3,842
5	54,020	4,502
6	61,940	5,162
7	69,860	5,822
8	77,780	6,482

You do not need to complete a special application to be considered for Plan First. If you apply for Medicaid and are not eligible for full Medicaid coverage because your income is too high, your eligibility for Plan First will be determined automatically if you are at least age 19 years but under age 65 years. If you do not want your eligibility for Plan First to be determined, tell your eligibility worker. You can also ask for Plan First coverage to be cancelled at any time.

If you are a parent of a child under 19 years or are 65 years or older, you can ask your eligibility worker to determine eligibility for Plan First if you or your child are not eligible for full Medicaid coverage.

What Services are Covered by Plan First?

Routine and periodic family planning office visits including:

- Annual family planning exams,
- Cervical cancer screening for women,
- Sexually transmitted infection (STI) testing,
- Laboratory services for family planning and STI testing,
- Family planning education and counseling,
- Sterilization procedures,
- Most Food and Drug Administration (FDA) approved prescription contraceptives,
- Most FDA approved over-the-counter contraceptives, and
- Referrals to a primary care provider, who can provide care for free or on a sliding fee scale for services not covered through Plan First.

What is not covered by Plan First?

- Performance of, counseling for, or recommendations of abortions,
- Infertility treatments,
- Performance of a hysterectomy or partial hysterectomy,
- Follow up services to a family planning visit,
- Repeat Pap tests due to abnormal results,
- Annual exams if they are not performed within the family planning visit,
- Transportation to a family planning service, or
- Primary care services.

For a list of primary care providers in your area who may provide treatment for medical conditions at a reduced rate or on a sliding-fee scale, please call the [**2-1-1 VIRGINIA Information and Referral Services**](#) toll-free by dialing “2-1-1” on your telephone.